

VETERANS' DAY CELEBRATION

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center with a catered breakfast along with an historical presentation on Thursday, November 6th at 9:00 a.m. Our guest speaker for this event will be Giampaolo DiGregorio, "the Artifactual Scholar." Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College. His Veterans' Day program will be on "The Little Wars: America's Forgotten Conflicts (1901-1991)." Over the course of the 20th century, the United States fought several major wars. Yet, even during the periods of peace, American services members have been sent to places around the globe to fight for, and protect, American interests. From the Philippines and Mexico to Grenada and Panama, US troops have carried our country's flag into smaller, regional conflicts. Paolo's talk will focus on these Little Wars. Please call the senior center at 508-543-1252 to sign up if you'd like to join us for this special event.

NEW AGING MASTERY PROGRAM SERIES

The National Council on Aging has chosen the Foxborough Council on Aging as one of three senior centers in the country to pilot a new financial education component of the Aging Mastery Program. If you would like to be part of this new AMP informational series, please call 508-543-1252 to register by Friday, October 31st. You will have to commit to 3 Monday afternoon meetings, tentatively scheduled to start on November 3rd, from 2:00 to 3:30 p.m. at the senior center. There are a limited number of spaces available. Light snacks will be provided and participants will have the opportunity to earn some small rewards.

Monday, October 27

Jay Barrows Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, October 28

Stretch & Balance/EnhanceFitness 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold 9:45 a.m.

Nutrition Class 11:00 a.m.

Classic Movie Day – "Some Like It Hot" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 29

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Coffee & Conversation with the Town Manager 12:30 p.m.

Luncheon Outing at Bertucci's 1:00 p.m.

Thursday, October 30

Gothic Victorian Tales and Luncheon 11:00 a.m.

EnhanceFitness at the YMCA 11:30 a.m.

Intermediate Italian Class 1:30 p.m.

Friday, October 31

Stop and Shop 8:30 a.m.

YMCA Exercises/EnhanceFitness 9:30 a.m.

Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Advanced Italian Class 1:15 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,618 for a one-person household, \$42,654 for two people, \$52,691 for three people, \$62,727 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

SIGN UP FOR OUR DECEMBER 4TH HOLIDAY CELEBRATION AT LAKE PEARL LUCIANO'S

It's time once again to start thinking about the upcoming holiday season! Mark your calendar for Thursday, December 4th for our annual Holiday Celebration to be held at Lake Pearl Luciano's at 299 Creek Street in Wrentham. Jim DePillo of JD's Music Express will once again be providing our entertainment of music and fun to help us all get into the holiday spirit. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include a choice of Fresh Broiled Haddock with a Tomato and Scallion Concassee, Chicken Parmesan with Penne Marinara or Pork Tenderloin Medallions sautéed with dried cherries in a Kirshwasser Brandy Demi-Glace. All meals will include a salad, seasonal mixed vegetables, garlic mashed potatoes, grapenut pudding for dessert, and choice of coffee or tea. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$23 per person and payment will be due on or before Friday, November 7th. This event is for Foxborough residents only. The sign-up for our Holiday Celebration has begun, so please call the senior center at 508-543-1252 if you're interested in joining us.

A HALLOWEEN HAPPENING

Come help us to celebrate Halloween at the senior center on Thursday, October 30th at 11:00 a.m. for a program of theatrical storytelling of "Gothic Tales by Candlelight" presented by Rita Parisi from Waterfall Productions, followed by a HESSCO luncheon. This theatrical production will feature stories about Curses, Death and Immortality from 19th century New England writer, Sarah Orne Jewett. Sarah Orne Jewett, a native of South Berwick Maine, was one of New England's most prolific female writers of the 19th century and her stories highlighted the everyday lives of New Englanders, often reflecting the mysterious and supernatural atmosphere of this region. Rita Parisi has been entertaining audiences in the New England area for over 18 years and she will be presenting a trio of Miss Jewett's tales. Following this storytelling program, lunch will be provided by HESSCO for a suggested donation of \$3. The luncheon menu includes turkey breast on croissant, cranberry sauce, pasta salad, milk and dessert. Seating is limited, so please call the senior center at 508-543-1252 if you'd like to sign up for this program.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, October 29th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about Foxborough. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

OPTIONS FOR MEDICARE IN 2015

Peggy McDonough, SHINE Program Regional Director, will be at the senior center on Wednesday, November 5th at 1:00 p.m. to talk about the options available to beneficiaries for 2015 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7th provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans and information about improvements to Medicare under the Affordable Care Act. In addition, Peggy will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information you need in time to choose the coverage that you want. Don't wait til it's too late! Call the senior center at 508-543-1252 to let us know if you'll be joining us.

READING NEVER SOUNDED SO GOOD

Do you or someone you know have trouble reading traditional print because of a disability? If you find that the print in books is too small and it strains your eyes, or if you have trouble holding a book or turning pages, or if you have a reading disability such as dyslexia, you are eligible for *free library services* from the Perkins Library. Please join us at the senior center for a program on Thursday, November 20th at 1:00 p.m. presented by Debby King, Perkins Library Outreach Coordinator. She will be providing an overview of all of the services that are available to the public through the Perkins Library.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On October 29th and 30th the featured program will be on Adult Immunizations. Check out our senior exercise videos that are broadcast on Wednesday and Thursday mornings at 9:00 a.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED **ZUMBA GOLD**

Zumba classes will be meeting weekly in the senior center once again. Classes will now be held on Tuesday mornings from 9:45 a.m. to 10:45 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. The cost for each class is \$2.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, October 27th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, November 4th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

CLASSIC MOVIE DAY

The classic movie for the month of October is scheduled for Tuesday, October 28th at 12:30 p.m. and our featured film will be "Some Like It Hot." Some Like It Hot is a comedy classic from Director Billy Wilder. When Chicago musicians Joe (Tony Curtis) and Jerry (Jack Lemmon) accidentally witness a gangland shooting, they quickly board a southbound train to Florida, disguised as Josephine and Daphne, two of the newest and homeliest members of an all-girl jazz band. Their cover is perfect until a lovelorn singer (Marilyn Monroe) falls for Josephine, an ancient playboy (Joe E. Brown) falls for Daphne, and a mob boss (George Raft) refuses

to fall for their hoax. Come join us to watch this comedy. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Please call 508-543-1252 if you'd like to sign up.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, October 28th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

October 29 – Luncheon Outing at Bertucci's

November 5 – Job Lot/Dollar Store

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Bertucci's in Mansfield on Wednesday, October 29th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, October 27th. Van transportation is available.

MEDICAL INFORMATION AND SERVICES

BLADDER ISSUES PROGRAM

There will be a free informational session on Pelvic Floor Muscle Rehabilitation on Tuesday, November 4th from 6:00 p.m. to 7:00 p.m. at OB/GYN Associates of Attleboro, at 687 North Main Street in Attleboro. Pelvic Floor Muscle Rehabilitation (PFMR) treats a wide range of bladder disorders in a non-invasive, painless way. Dr. Barbara Stricker, board certified Obstetrician-Gynecologist, as well as Barbara Baxter and Mel Delger, board certified Physician Assistants from the Center for Bladder & Pelvic Health at OB/GYN Associates of Attleboro will be the presenters for this program. Please register by Friday, October 31st by calling 508-236-8020. A question and answer session will follow the presentation and the event will also include light refreshments and a raffle.

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment now, please call the senior center at 508-543-1252.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Due to the Labor Day holiday, his next visit will be on Monday, November 3rd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled for November 4th and 21st. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

WEEKLY SCHEDULED PROGRAMS

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

SIT & BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 to 10:30 a.m. The cost is \$2 per class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. The cost is \$2 per class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, October 27

Potato Crunch Fish
Tartar Sauce
Whipped Potato
Country Blend Vegetables
Wheat Bread
Fresh Fruit
Calories 508
Sodium 429

Tuesday, October 28

Tortellini with Alfredo Sauce
Glazed Carrots
Fruit Muffin
Strawberry Cup
Calories 393
Sodium 438

Wednesday, October 29

Happy Birthday
Chicken a l'Orange
Rice Pilaf
Fall Blend Vegetables
Whole Wheat Bread
Birthday Cake
Calories 292
Sodium 590

Thursday, October 30

Sloppy Joe w/ Hamburger Bun
Hash Brown Potatoes
Carrots
Peaches
Calories 347
Sodium 459

Friday, October 31

Happy Halloween
Penne Pasta
Meatballs
Peas with Pearl Onions
Multigrain Roll
Halloween Treat!
Calories 465
Sodium 303